

VITAL SIGNS

VOL VII No. 9

Naval Hospital, Orlando, Florida

1 August 1984

Promotion day is family day

On 5 July, Captain Herr frocked three new Lieutenant Commanders at a ceremony held in the lobby.

LCDR James L. Doss, CHC, Pastoral Care Department, received his new shoulder boards from his wife, Susan, and Captain Herr.

LCDR James F. Gollogly, MSC, Medical Mobilization Planner, received his new shoulder boards from his wife, Suzanne, and Captain Herr.

LCDR Harvey L. Simpkins, MSC, Head, Physical Therapy Department, received his new shoulder boards from his wife, Dawn, and Captain Herr.



Mrs. Susan Doss, Chaplain Doss, and Captain Herr.



The Gollogly family, left to right, front row: Gayle, 16 years old; Jonathan, 11 years old; and Danielle, Jonathan's twin. Back row: Suzanne Gollogly, LCDR Gollogly and Captain Herr.



The Simpkins family: Dawn Simpkins holding Ledorah, 2 years old; LCDR Simpkins holding Gerul, 4 years old, and Captain Herr holding the frocking letter!

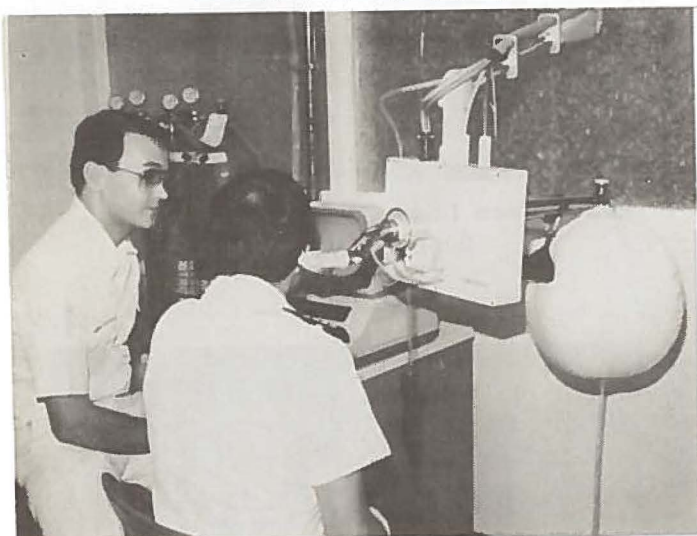
Internal Medicine adds new Pulmonary Lab

On 13 July, the new Pulmonary Lab was officially opened with all members of the staff invited to "have a look" at the new equipment.

The equipment for the Lab is divided into two separate units: The Body Plethymography is used to measure airway resistance, Intra-Thoracic gas volume and work of breathing. This method is the most accurate way of measuring these studies. The other unit does Lung Diffusion studies which measures how well the oxygen a patient breathes gets into the blood and is transported to the organs and tissues. A basic study on this new equipment takes 15 - 20 minutes as compared to 45 minutes using the old method. With this latest state-of-the-art equipment, Naval Hospital Orlando becomes the third medical facility in Central Florida to have this pulmonary testing capability.



Joe Callender, Head of Inhalation Therapy Branch, operates the Body Plethymography computer while LCDR Daniel Nader, MC, Medical Director of the Lab, awaits the beginning of a test in the "body box."



HM2 David L. Gary, Inhalation Therapy Technician, explains the operation of the Lung Diffusion unit to CAPT Gay.

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American Red Cross

+ Volunteer hours

for June - 2,149

Total for year - 15,141

Vital Signs' Staff

Editor:

HMCM J. W. Phillips, USN

Managing Editor:

Mary V. Van den Heuvel

Nursing Services Coordinator:

LTJG Marilyn L. Mangum, NC, USNR

Steth-o-Scoop Reporter/Photographer:

HM1 Dennis M. Downey, USN

STETH - O - SCOOP

**Vital
Signs**

By HM1 Dennis M. Downey, USN



If the election were today, how would you vote?



LTJG Teresa Dieckhoff,
NC, Nursing Services:
"President Reagan."



Millie Brodderick (left) and Donna
Abroguena, Navy Exchange: Both -
"Vice President Mondale."



HM2 Frank Bolanos, Ed-
ucation: "President
Reagan."



HM3 Steven Hohn:
CHAMPUS: "Presi-
dent Reagan."



Pauline Woods, LPN,
ICU: "President
Reagan."



William Sumner
Pharmacy: "Vice
President Mondale."



HM3 Seleania Thomas,
O.R.: "Vice Presi-
dent Mondale."



LT James Davis, MSC,
Optometrist: "Presi-
dent Reagan."



Nancy Chesser, Patient
Affairs: "President
Reagan."



HM3 Scott Pruitt, CPD:
President Reagan."



Steven Merryman, Food
Service: "President
Reagan."

Pete Bruno, Barbershop:
"President Reagan."



LT Robert Younger, MSC,
Psychologist: "Presi-
dent Reagan, I guess."

Staff Journal

Presentations



On 5 July, HMC Rex M. Reeder, returned from his Fleet Reserve status long enough to receive the Navy Commendation Medal from Captain Herr. The Medal was presented for Chief Reeder's meritorious service while serving at this command. Chief Reeder's wife, Bertha, was on hand for the presentation.



Carol Blankenship, our Health Benefits Advisor, with Captains Herr and Zel, as she received a Letter of Appreciation on 5 July. Carol transferred to a new and challenging position with ENRO.



Captain Herr reenlisted HMC Robert W. Jones on 11 July with his wife, Beverly Ann present and his daughter, Casandra Dee, Age 11, holding brother Anthony Nelson, Age 2.



On 11 July, on behalf of the members of the Family Advocacy Committee, Captain Manjerovic, MC, Head, Pediatrics Department, presented CDR Michael K. Murphy, MC, a Letter of Appreciation for his support and guidance as Chairman. CDR Murphy was transferred to Naval Hospital, Pensacola.



On his date of departure, 16 July, Chaplain Doss is all smiles as he receives a Letter of Appreciation from Captain Herr and Captain Zel. LCDR Doss was transferred to Duke University for post-graduate study.



Right after HMC Jones was reenlisted, he was frocked to HMCS. HMCM Joseph W. Phillips, Command Master Chief, and Mrs. Jones changed the collar insignia. HMCS Jones has assumed the duties of Administrative Assistant to the Directorate for Administration.

New Petty Officers



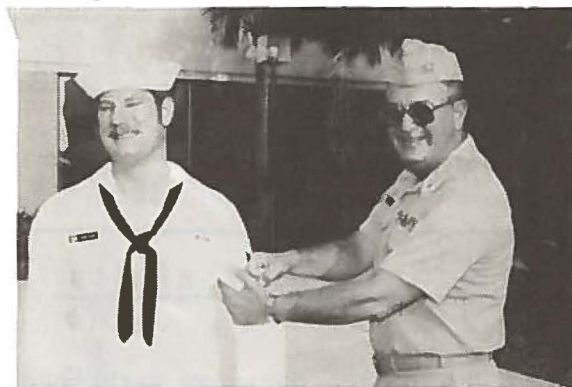
Captains Herr and Zel flank the new First Class Petty Officers. Left to right: HM1 Raymond A. Wiser, HM1 Eric Olayos, HM1 Leon Milne, HM1 Randy Miller, HM1 Robert Holtman and HM1 Wayne Kysor.



Second Class Petty Officers: Left to right: HM2 Edward Walls, HM2 Thomas Kingsbury, HM2 Karl Kelly, HM2 Warren Hall, HM2 Mary Francisco, and HM2 Lewis Achorn.



From the tallest to the shortest Third Class Petty Officers: HM3 Paul Anderson, HM3 Marc Fiellin, HM3 Michael Haytaian, HM3 Pamela Kelly, HM3 Kenneth McRae, HM3 Kimberly Nixon, and DT3 Karlene Dooley.



CAPT Herr personally nailed on the HM2 rating badge on Garth Huetter on 19 July after he had presented the "frocking" letter.

Promotion



LT Stephen P. Whistler, MC, was en-route from Naval Hospital, Portsmouth, to Orlando when the authority was received for his promotion to LCDR. CAPT Herr presented his "frocking" letter on 19 July. LCDR Whistler is a Pathologist assigned to the Laboratory Department.

Letter



HM3 Warren Cowart, Emergency Room, received a Letter of Appreciation from CAPT Herr on 20 July. HM3 Cowart transferred to AHS, Fort Sam Houston, TX.



LAB LINE

New faces - new skills

Say hello to our new pathologist, LCDR Stephen Whistler. Dr. Whistler comes to us from the Naval Hospital, Portsmouth, where he was involved with the training of resident physicians in anatomic pathology. He has a great deal of experience in surgical and cytopathology and will be able to greatly expand our capabilities in these areas.

Also say hello to another specialist who has just joined us, HM2 James Wince. Petty Officer Wince is a histotechnologist and has just completed his training program at the Armed Forces Institute of Pathology in Washington, DC. Histotechnology involves the preparation of human tissues (by frozen section and permanent paraffin mounts) for microscopic examination by the pathologist. There is as much art to this specialty as there is science. The added technical support in this area will allow us to maintain continuous inhouse production during leave periods of our civil service histotechnologist.

And last, but not least, say hello to Christina (Tina) Luker, our new civil service phlebotomist. Tina brings to us some specialized skills involving the sharp end of a phlebotomy needle. The laboratory blood drawing room is one of the least popular places in the hospital, from a patient standpoint, and provides a very challenging job for a phlebotomist. Tina is one of those hard-to-find people with both the dextral skill and personal compassion to make phlebotomy as atraumatic as possible.

We are pleased and proud to introduce these new staff members and are excited by the additional skills they bring to our organization.



Dr. Whistler

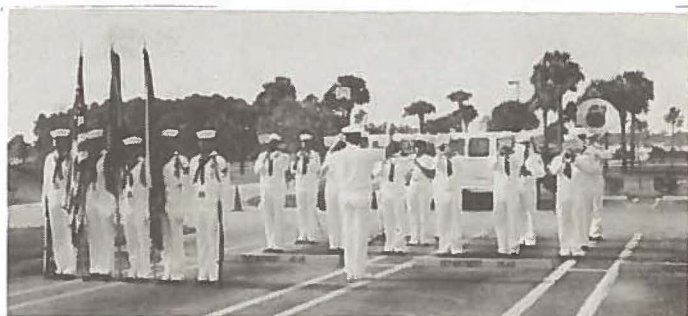


Petty Officer Wince

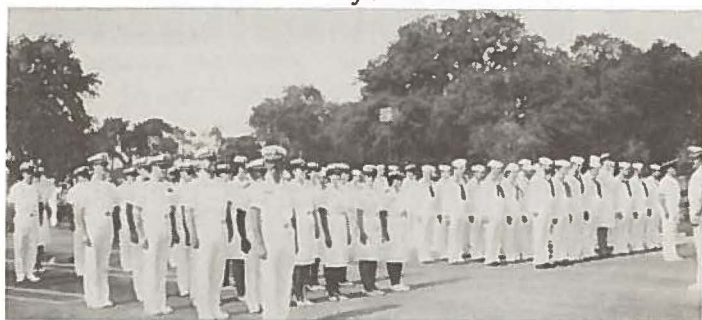


Tina Luker

The inauguration of a Naval tradition



NTC Color Guard and Navy Band Orlando ready!



Troops on the line



National Anthem



Invocation by LCDR J. L. Doss, CHC, USN

Naval Hospital,
Orlando

Change of
Command Master Chief
Ceremony



1000

Wednesday 11 July 1984

HMCM(SS)

Robert C. Clements, USN

being relieved by

HMCM Joseph W. Phillips, USN



Inspection by outgoing Command Master Chief, HMCM(SS) Clements, followed by RADM McDermott, Commander, Naval Medical Command.



Remarks by RADM McDermott



Remarks by HMCM(SS) Clements



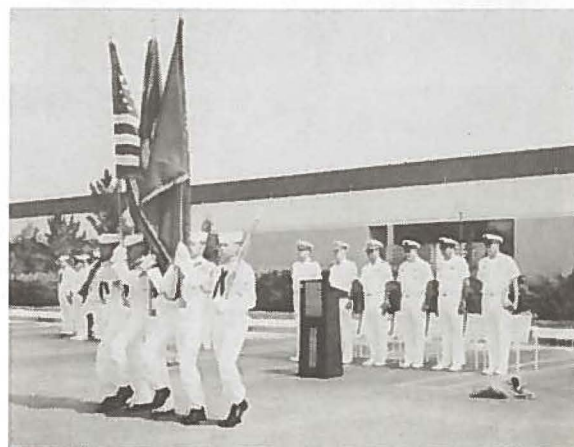
Reading of orders by HMCM Phillips



HMCM Phillips to CAPT Herr: "Reporting for duty, Sir!"



EMCM(SS) Collier, Command Master Chief for NTC, presents a special plaque to HMCM(SS) Clements.



Retire the colors

Singled out for honors



The awards ceremony was held on 19 July. Chief Windham, Medical Repair Branch, receives congratulations from CAPT Herr.



... and congratulations to HM2 Bue, Manpower Management Department.



... and last, but not least, congratulations to Barbara Poole, Manpower Management Department.

Semi-Annual Leadership Award

Presented to:

EMC Emmett E. Windham, USN

the Outstanding Senior Petty Officer

This award is presented in recognition of superior service. Your leadership, exemplary performance, conduct, and loyalty are in keeping with the highest traditions of the United States Naval Service.

SAILOR OF THE QUARTER

2ND QUARTER, 1984

HM2 Roland E. Bue, USN

For high example of exemplary conduct, outstanding performance, impressive military bearing, and devotion to duty.

CIVILIAN OF THE QUARTER

2ND QUARTER, 1984

Barbara J. Poole

For outstanding performance, dedication to duty, and superb management ability reflecting a positive image on this command.

HN Sean P. Galliher, USN, Nursing Services, was selected as the Blue Jacket of the Quarter, 2nd Quarter, 1984, but was on leave at the time of the presentations. He will receive his certificate at a later date.

CAREER COUNSELOR'S



CORNER

HMC Patricia M. Johnson, USN

When to call your detailer

It is not often that we have the chance to sit down and have a personal interview with our detailers as we did on 30 July. The majority of the time, our contact with the detailers is via the phone -- this is why I think this article from the Navy Editor Service is important for you all to read.

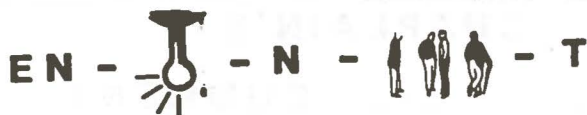
The next time you get the urge to call your detailer, imagine a kind and benevolent person who holds your delicate future in his hands. Now, do you want to call this individual and waste his time? A detailer is a responsible petty officer charged with filling the Navy's manpower needs while trying to keep the troops happy. So prepare yourself before you place your call. Is your dream sheet up-to-date? Does it reflect current desires? Duty preference forms can be changed at any time by seeing your division or command career counselor. Think about the number of phone calls your detailer receives daily. How many of those calls could have been avoided? Some people call to complain about "orders to sea" or call too early to inquire into transfers. Call your detailer at the appropriate time. Each detailer is responsible for about 1,900 people and writes about 80 sets of orders each month. Also the detailer must adhere to the Navy's needs first -- available billets, permanent change-of-station funds, specific enlisted classification code requirements and your dream sheet -- and then try to find a happy medium. Now, with all that in mind, is this an appropriate time for you to call your detailer or can you get the information elsewhere? When filling out your dreamsheets, ensure you don't lock all your preferences in one area. The detailer could end up writing you orders to a hard-to-fill billet that nobody wants because there wasn't anything available in your specific area. Take a look at

your career when asking for orders. Selection boards for advancement to CPO and above or for selection to LDO/CWO require a variety of assignments, especially sea duty. When you are ready to call your detailer, contact your Command Career Counselor, who will coordinate your call. You must be prepared to give the detailer your name, rate, projected rotation date and current command.

Your detailer is there to help you; but, before you make that call, check with your command career counselor, a senior enlisted member or other key command people. Then if you're still in the dark, place the call!

New OMBUDSMAN

On 13 July, Captain Herr appointed Mrs. Judy Colvin as Naval Hospital Orlando's OMBUDSMAN. Mrs. Colvin's husband, LCDR Daniel Colvin, NC, is the Charge Nurse at the Alcoholic Rehabilitation Service. The Colvins have two children: Kimm, age 14, and Kris, 9. Our OMBUDSMAN is the official representative for our Navy families and she will play an important role in establishing and maintaining good communication between the command, members of the staff, and their families. Any staff member or dependent, who feels unfairly dealt with by a local command or any other government agency, may bring the complaint to the Family OMBUDSMAN when all other existing channels fail. You may reach Mrs. Colvin at 851-5999.



Column Coordinator:

LT R. D. Younger, MSC, USNR

NASAPP

NASAPP has changed its name but not its mission. It is no longer the Navy Alcohol Safety Action Program, but its new up-dated name is Navy Substance Abuse Prevention Program.

NASAPP began a little over 10 years ago when it was realized that preventative action needed to be taken -- people needed to be reached before the addiction pattern began. This Alcohol Safety Action Program emphasized education and prevention, just as it does now. The classroom experience focuses on the member's responsibility for his or her own health. Through active learning experiences, students interact and examine their attitudes about alcohol and drugs. They learn what's important in their lives and how their experiences, attitudes and values play a part in their use of alcohol and drugs. More specifically, the NASAPP student learns new communication and coping skills to deal with stress. The 36 hour curriculum also emphasizes decision making, since one chooses to use alcohol or drugs in dealing with stress. This "thinking" model used by facilitators in the curriculum shows students how to balance their thoughts and emotions. The NASAPP facilitators lead the student groups in examining themselves. They are contract civilian employees with the University of Arizona and have been chosen for their empathy, genuineness, openness to feedback, self-disclosure and group management. Often, students develop a strong positive relationship with their facilitators and write them from distant duty stations, remembering their experiences at NASAPP.

Since everyone can learn more about themselves and their relationship with alcohol and drugs, NASAPP can be beneficial to almost everyone. If you would like to know more about this educational experience, contact your command SAC's.

Navy Achievement Medal



LT Patricia Shustock, MSC, received the Navy Achievement Medal from CAPT HERR on 20 July for her superior performance of duty.

Civilian Presentations

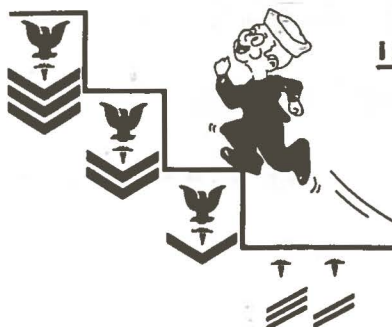


Captains Herr and Zel with the civilian employees who received awards on 19 July. Left to right: Herbert Duncan, 10 year service pin; June Hicks, RN, 20 year service pin; and Outstanding Performance Awards to Pauline Woods, Lois Wilkerson, RN, Ron Elliott, and Dr. Anthony Tabacco.

GET READY

Advancement Exams

In September





NURSING SERVICES

Column Coordinator:

LTJG M. L. Mangum, NC, USNR



CHAPLAIN'S COMMENTS



LT Janell Nickols, CHC, USN

Communication:

to make known

The definition is simple, but the process is one of the most complex ones in which we participate.

In my everyday dealings with staff throughout the hospital, I realize there is one facet, common to most of us, which we take for granted or use improperly; that is, our ability to communicate effectively. I remember some of the courses I took in preparation for nurses training seem to have one basic theme which tied all the courses together -- interpersonal communication. We communicate with others in so many ways: spoken words, facial expressions, written words; body language -- they all tell the story. However, so many times, there's confusion or a breakdown in our communication. Have you ever had the experience of assessing a patient, who had told you they felt relaxed and perfectly at ease and yet they were pacing the hallways restlessly, biting their fingernails. This person is telling you one thing, but their body movement is telling you something else. How confusing! In giving directions or instructions, we must become more cognizant of the messages we are giving to those around us -- verbally or nonverbally. The use of effective communication skills enhances the patient/staff and junior/senior relationships. Understanding the ways in which nonverbal and verbal behavior effect interaction is important to us in meeting the needs of our patients and in working effectively with other members of the health care team.



COMMUNICATION

Moses and the Beggar

An ancient story tells of a beggar who came to Moses and asked for bread.

"Come into my tent," said Moses, "and you shall eat with me." The beggar entered the tent and Moses set out food for both of them. Before eating, Moses gave praises to God. The beggar did not do so. He watched in silence while Moses gave thanks.

"Why do not you praise God?" asked Moses.

"Why should I praise God?" asked the beggar. "What has he done for me? Why has he allowed me to be so poor?"

Hearing these words, Moses became very angry. He picked up his staff and beat the beggar, chasing him from the tent without food.

When the beggar had gone, God came to Moses and said, "Moses, why did you not feed the beggar and why did you beat him?"

"Because he would not praise you, Lord," said Moses, feeling very righteous.

"Moses," said God, "that man has not praised me for twenty years, and he is still alive. He has not praised me because during all that time you have neglected him. He is alive, at all, only because I am less religious than you are and have not allowed him to perish. And, it seems to me, Moses, that if I were as religious as you appear to be, there would be no one left alive on the earth."

*I went outside to find a friend
But could not find one there;
I went outside to be a friend,
And friends were everywhere!*



Master Shipwreck

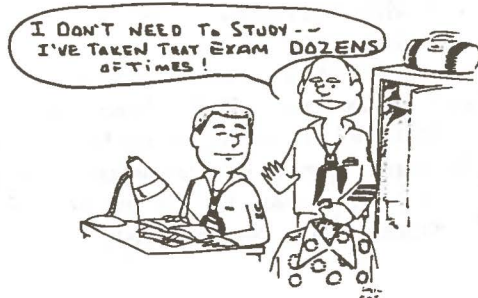
HMC(MSS) R. C. Clements, USN

Don't wait to be asked

In today's society, many of our young men and women are reluctant to take the initiative and opportunity to extend themselves beyond normal expectations of their realm of responsibility. Whether this is lack of training, or lack of confidence in their abilities, is not important. The old saying, "The early bird gets the worm," is still paramount to success and advancement. If you have to wait until asked before going ahead with an idea, the other guy will steal your thunder!

Be positive in your attitude to succeed, come out of that shell, stand up and be counted and don't be afraid to beat your own drum. You don't need to be an egotistical maniac, but don't be timid -- and don't procrastinate. I can't count the times I have said, "Oh, I wish I had thought about that." Don't be afraid to make a mistake. If you are not making mistakes, you aren't doing anything.

Seek out additional responsibilities in management and leadership. The frustrations of failure are worth the rewards of success. If you don't look out for yourself, nobody else will. Put yourself in positions where the efforts of your labor will be recognized. You may get your toes stepped on or your feelings hurt, but they too shall pass and time will heal. Stand up for what you believe in and remember -- always be constructive -- not cynical. Good luck, Shipmates. Don't wait to be asked!



Champions

The Naval Hospital's Golf Team No. 1 won the Commander's Cup Golf League Championship and received their trophies on 16 July.



Commodore Thomas R. Fox, Commander, Naval Training Center, presented the individual trophies to the team members and then presented the Team Trophy to Chief Adgate, Captain of the Team.



Chief Adgate then presented the Team Trophy to Captain Herr. The trophy will be on display in the trophy case until the next competition.



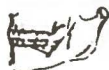
The Champions ...! Naval Hospital's Golf Team No. 1. Left to right, front row: HM2 Bradle Eberhardt, HMC Frank Adgate, HN William Lovelady. Back row: HMC Fredrick Husen, LCDR Martin Harris, MC, LT Walter Lonergan, MC, and HM3 Chris A. Sartain.

Just

A

Word from the
Skipper

CAPT A. Herr, DC, USN



Command Master Chief's

"Doc" - 9 - Line

HMCM J. W. Phillips, USN

My first

I would like to take this opportunity to introduce myself to those of you who do not know me. I am HMCM Joseph W. Phillips, your new Command Master Chief. The Navy has been my life for over 28 years. My assignments in the Navy have been many -- Naval hospitals, ships, marine units, CBU's, an aviation squadron and recruiting. The duties performed at each of these assignments covered many areas that a hospital corpsman can expect during a Navy career. My background should help me in assisting the commanding officer, as Command Master Chief, in matters pertaining to welfare, health, job satisfaction, morale, utilization and training of enlisted personnel in order to maintain the traditional standards of good order and discipline.

The job of Command Master Chief cannot be done by the Master Chief alone; he must have the help of the crew. How does the crew help? COMMUNICATION! Yes, maintaining good communication between the command and personnel assigned to the command is the responsibility of each of us. Communicating here in the hospital is done in many forms: Plan of the Day, PA system, word of mouth, instructions, notices and Vital Signs, to just name a few. My column, "Doc" 9 Line, will be one of the ways I will try to pass information to you. The open door policy of the Command Master Chief is a way to get the word to me -- just drop in and talk. If we communicate with each other, we will be able to make the best Naval Hospital in the Navy even better!

I would like to thank each and every f you who attended the ceremony on July. At that time, Master Chief Clements passed the baton of responsibility to me. Master Chief Clements leaves a legacy that will be hard to follow; but, if we all use his high standards of performance, we too can be "a master of our trade." Thank you, "Shipmate!"

The Picture of Death

"At 55 MPH, death comes quickly. Although 55 is said to be a speed that saves lives and gas, it can't save you if your personal driving habits are reckless. One small slip as you gaze at the horizon or turn your head to light a cigarette could propel you into eternity, in less time than you think! Follow the terrifying pictures of what happens to steel and glass, and flesh and blood, in the split second a human is hurled to death. This is a reconstruction of what happens when your car, traveling at 55 MPH, hits a tree.

- .1 seconds - Your front bumper and chrome frosting of the grill collapse. Slivers of steel penetrate the tree 1½" or more.
- .2 seconds - Your hood crumples, rises and smashes into your windshield. Spinning wheels leave the ground. The grill disintegrates. Fenders hit the tree forcing the rear part to splay out over the front doors. Your body moves forward at 55 MPH, a force 20 times gravity, your body weighs 3,200 pounds. Your ramrod-straight legs snap at the joints.
- .3 seconds - Your body is off the seat, torso upright, broken knees pressing against the dashboard. The plastic and steel frame of the steering wheel begins to bend under your death grip. Your head is now near the sun visor, your chest above the steering column.
- .4 seconds - The car's front 24" are now demolished, but the rear end is still traveling 55 MPH. The half-ton motor block crunches into the tree. The rear end of the car rises high enough to scrape bark off the low branches.
- .5 seconds - Your fear-frozen hands bend the steering column. Jagged steel punctures lungs, blood spurts into your lungs.
- .6 seconds - Your feet are ripped from your tightly laced shoes. The chassis bends in the middle, shearing the body bolts. Your head smashes into the windshield. The rear of the car begins its downward fall, spinning wheels digging into the ground.
- 7 seconds - The car body is forced out of shape. Hinges tear, doors spring open. In one last convulsion, the seat rams forward smashing you against the steel steering shaft. Blood seeps into your mouth. Shock has frozen your heart.

Elapsed time: seven tenths of a second.
YOU ARE NOW DEAD!

The picture isn't pretty. It isn't supposed to be. It's suppose to make you think about how you drive as you cruise down the highway at 55 MPH!"